



City of Newton, MA

INVEST IN YOURSELF

November 2013 Health and wellness newsletter for employees

NOVEMBER IS DIABETES AWARENESS MONTH

NEED YOUR BLOOD PRESSURE TAKEN? HAVE A MEDICATION QUESTION?

The Health Maintenance Clinics have moved to a new place and time!

November: 7th, 21st

3-4pm in the Health and Human Services Department in City Hall

Questions? Call Ext. 1420

ZUMBA! MOVED TO THURSDAYS!



WHERE:
CITY HALL
WAR MEMORIAL

WHEN: NOV. 7TH

WHAT TIME: 5:30 - 6:30

\$10 FOR DROP IN

ADDITIONAL ZUMBA SESSIONS ARE LIKELY TO START AFTER THE NEW YEAR

PLEASE EMAIL WELLNESS@NEWTONMA.GOV IF YOU ARE INTERESTED

25.6 million people >20 years old have diabetes in the US. Diabetes is a major cause of heart disease and stroke, the leading cause of kidney failure, and the 7th leading cause of death.

Diabetes is diagnosed when blood glucose levels are higher than normal. The body produces insulin which controls blood sugar, but in diabetes insulin is either not made or not used well enough by the body.

There are two types of diabetes. Type 1 only occurs in about 5% of the population. Type 2 diabetes which is associated with older age and being overweight accounts for 90-95% of disease.

Symptoms of diabetes can include: excessive thirst, frequent urination, extreme hunger, unexplained weight loss, vision changes, slowly healing sores, and more infections than usual. But

many people, especially with type 2 diabetes may have no early symptoms.

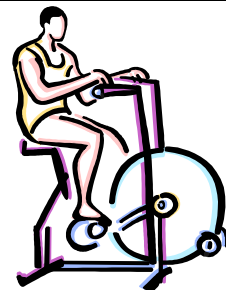
Talk to your doctor

If you think you might have diabetes, talk with your doctor about risk factors and whether you should be tested.

Exercise/diet

Since being overweight or obese increases the risk of type 2 diabetes, exercise and a healthy diet can help delay or prevent the disease. Exercising for 30 minutes per day for 5 days during the week is recommended. Talk with your doctor to see how much exercise is right for you.

For more information about diabetes, visit www.cdc.gov/diabetes.



NOVEMBER LUNCH & LEARN HEALTHY MENU MAKEOVERS

Join us for another exciting Lunch & Learn presented by Linda Walsh, RN, and Aimee Sullivan, on **Thursday, Nov. 21 from 12 noon to 12:45 p.m. in City Hall Room 222.**

- Come for a food preparation **demonstration** and eat what we create!
- Learn healthy ways to modify your favorite snacks and desserts.
- Learn ways to make your favorite meals, and cut out the bad stuff!



Please **RSVP by Tuesday Nov 19th** to wellness@newtonma.gov.



City of Newton, MA

INVEST IN YOURSELF

November 2013

BALANCING YOUR DAILY CALORIES

Maintaining a healthy weight is all about balancing calories.

Calories In

Calories in include food AND beverages

Calories Out

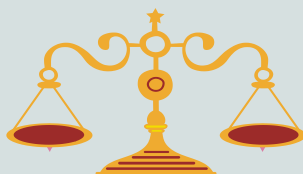
Calories out include regular bodily functions and things you do during the day to burn calories like exercise

Staying in balance

If you have more calories coming in (eating and drinking) than going out (exercise) your balance scale is probably tipping towards too many calories going in. If you are doing a lot of exercising, and eating fewer calories, your scale is probably tipping in the other direction. Depending on your weight, you can adjust your calorie intake or exercise. Talk to your doctor to find out what is healthy for you.

Ways to reduce calories:

- Reduce portion sizes: If you put less food on your plate, and



pay close attention to the portions you are giving yourself, you will consume fewer calories (as long as you don't go for seconds!)

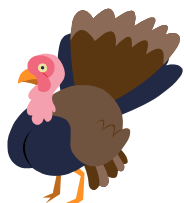
- Put more fruits and veggies on your plate than carbohydrates and fats (see www.choosemyplate.gov) for more information on portioning your plate.
- Eat healthy snacks more frequently. Restricting yourself to three large meals per day can cause you to become much more hungry when it is time for your next meal, and may cause you to overeat. Having a healthy snack (fruits, vegetables or other low fat/calorie snack) every 2-3 hours during the day can help curb your hunger when it is time for a meal. It can also help you stick to the small portions you allot yourself.

HOW TO CONTROL YOUR HOLIDAY CRAVINGS

Ever have to roll yourself out of your relative's house after a wonderful but much-too-filling meal?

Ever ask yourself why did I ever eat so much stuffing that I feel sick to my stomach?

We all have! You're not alone! This Thanksgiving think about the following ways you can control your



holiday cravings:

- Eat slower
- Take 1/4 of the portions you normally would
- You don't have to clean your plate, only eat until you're not hungry
- Eat a balanced breakfast and lunch so you're not starving when the turkey comes out of the oven!

BUTTERNUT SQUASH AND APPLE SOUP



This time of year, apples and squash are at their peak flavors! Enjoy this soup as a side during Thanksgiving!



Ingredients

- 1 onion peeled and chopped
- 2 garlic cloves peeled and minced
- 1 celery stalk chopped
- 2 tsp. curry powder
- 1 tsp. dried basil
- 1 lg. butternut squash seeded, peeled, and cubed
- 1 tart apple cored and cubed
- 8 cups of veggie or chicken broth

Directions

1. Place ~2 tbsp. olive oil in a pot and turn stove to medium.
2. Add onion, garlic, celery, curry powder, and basil. Cook 10-12 minutes or until veggies are soft.
3. Add butternut squash, apple, and broth and raise the heat to high to bring to a boil. Reduce heat to low and cook until squash is tender ~45 minutes.
4. Turn stove off and let soup cool for 15 minutes.
5. Remove the soup solids and add them to the blender. Blend on low until smooth.
6. Serve right away with your favorite multigrain bread croutons!

Taken from chopchopmag.org